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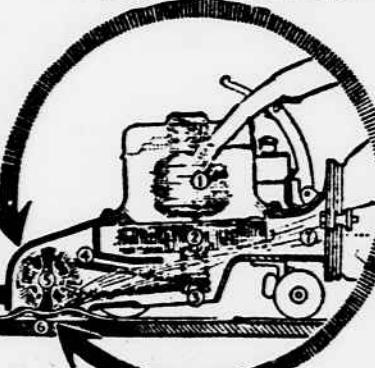
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SERVICE

Health and Thrift in the Home

ORDINARY DISHES TRANSFORMED BY WHITE SAUCE VARIATIONS

The Star's Household Expert Tells What May Be Done by Using the Plain White Sauce as a Foundation—To Improve Taste of Puddings, Cakes, Meats and Fish.

Many of the sauces for puddings, cakes, meats, fish and vegetables are made with a foundation of white sauce, varied to suit the particular dish to be served. In one of its degrees of thickness, a white sauce is the foundation of innumerable nourishing dishes. For this reason it is well to know how to prepare it in all its variations. One will find it to be a great help when obliged to prepare a meal at short notice. A good sauce will transform the plainest dish into something that cannot fail to be relished.

A Thin White Sauce.
A thin white sauce is made of one tablespoon of flour, one tablespoon of butter and one cup of milk, usually milk. Seasoning is added to taste, usually one-fourth of a teaspoonful of salt and one-eighth of a teaspoonful of pepper. Mix the flour and seasoning in the bottom of the saucepan. Rub the butter into the dry ingredients. If it is not soft enough heat it gently for a little while, then add the milk, about a third at a time, and stir should then be smooth and velvety, and, curiously enough, it will be more velvety if the milk is cold when added, probably because the blending of the ingredients is then likely to be more thorough.

Cream soups, so called, are made on a foundation of thin white sauce. Sifted vegetable pulp is added to the sauce for cream of corn, pea, spinach, tomato and so on, or vegetable soup, chopped or sliced, as for cream of celery or asparagus soup.

When making custards they will not separate and curdle and will not whey in either a pie or a cup if the eggs are first stirred into a thin white sauce, which has been properly sweetened and all pepper omitted.

Excellent ice cream can be made on a thin white sauce. Beat the sugar and flavoring are added. If a couple of beaten eggs are stirred into the foundation white sauce and sugar, fruit sirup, chopped nuts or other ingredients are added, you will have

something that you may call French ice cream, frozen pudding or custard ice cream, as you wish.

A Medium White Sauce.
For a medium white sauce the ingredients and method are the same, except that two tablespoonfuls of butter and two of flour are used. The proportions of the flour to the liquid must always be exact, but one-half less butter may be used in a pinch, although, of course, the sauce will not be as rich and it will be a good deal more difficult to make it free from lumps.

All the creamed dishes, such as creamed chicken, creamed potatoes, creamed corn, creamed cauliflower and numerous other creamed dishes, are simply the names given to food that is cooked or warmed up in a medium thick white sauce.

Croquettes made of minced meat, fish or other materials can have their ingredients bound together by a medium white sauce. Stir the chopped meat or other substance into the sauce until the mixture is of a good consistency. Shape into the croquettes.

Souffles of cheese, chicken, rice or other chosen materials are made on the basis of a medium white sauce, to which the cheese or other foundation material is added. Stir the mixture to every cup of the foundation sauce will be required in addition. Stir the mixture into the sauce after removing it from the heat and beat the mixture with a stiff whisk until it is light and fluffy. Put up as a proper souffle should.

A Thick White Sauce.
Four tablespoonfuls of butter and four of flour are called for. It is so thick that it is used as a base for constantly stirred white making. To make a delicious Welsh rabbit stir three cups of grated cheese into one cup of thick white sauce, highly seasoned with paprika, mustard, red pepper, table sauce or any other desired seasoning. Melt the whole over the fire until the cheese is melted and the mixture boils. This is the best because the blending of the ingredients is then likely to be more thorough.

Cream pies are all made from thick white sauce. Simply add a beaten egg or two added the last thing, or the yolks added and the whites made into a meringue. A delicious date cream pie is made of chopped dates stirred into two cups of the sauce, a beaten egg added for its richness, and the whole sweetened to taste.

Lemon pie is a thick white sauce in disguise. Water instead of milk is used, and a fourth of a cup of sugar, one egg and the juice of a small lemon are added in the order named. Two cups make a good-sized pie. The

whites of eggs are used for the meringue.

Croquettes and souffles of oysters, all kinds of berries and other ingredients composed largely of water should be founded on a thick, rather than a medium, white sauce.

Some Seasonable Sauces.
Sauce for Fruit Pudding.—Cream together a rounding tablespoonful of butter and a cup of granulated sugar. Mix to a smooth paste. This sauce is one-fourth cup of cold water and about one-fourth cup of cold water. Stir into a cup of boiling water to which has been added a pinch of salt or sugar until it is the consistency of starch, and when time to serve pour it over the creamed butter and sugar. Flavor to taste.

Green Pea Sauce for Meat.—Melt two tablespoonfuls of butter in a pan. Stir into it two tablespoonfuls of flour, add salt and pepper, stir in gradually two cups of milk and let it come to a boil, add a cup and a half of cooked peas. Pour this sauce around the meat on the platter just before serving.

Sauce for Vegetables.—Beat one-half cup of butter to a cream, add one-half cup of four eggs, one at a time, beating each egg thoroughly. Add one-fourth teaspoonful of salt, a dash of cayenne pepper or paprika and one-half cup of boiling water. Cook over boiling water until thick, gradually adding the juice of half a lemon, one-half cup of oil, and one-half cup of vinegar. Add one tablespoonful of lemon juice and one tablespoonful of tarragon. Brown one-third cup of butter in a small frying pan, stir it into the mixture in the bowl, add one-fourth teaspoonful of salt. If you want to add a little chopped capers they will lend additional flavor.

Egg Sauce for Greens.—Melt two and one-half tablespoonfuls of butter, add one-half cup of four eggs, one at a time, beating each egg thoroughly. Pour on gradually, while constantly stirring, one cup of milk, one-half cup of water, one-half cup of salt, one-eighth teaspoonful of pepper, the yolks of two eggs slightly beaten. One tablespoonful of lemon juice and three tablespoonfuls of butter, little by little, stir into the saucepan two well beaten yolks of eggs, two heaping tablespoonfuls of sugar, the grated rind of one lemon, mixed with a little cold milk or water. Mix well together, and stir with a whisk until the sauce is of a good thickness; strain and serve with any kind of greens.

Hot Chocolate Sauce to Serve on Cake.—Stir half a cake of grated chocolate into a cup of hot cream or rich milk and dissolve four heaping teaspoonfuls of arrowroot in a gill of cold milk. Boil together a cup of granulated sugar and a pint of water until clear, add the chocolate and cream and the arrowroot and milk. Cook stirring steadily for six or seven minutes. Remove from the fire, add a dessertspoonful of vanilla extract and pour over stale cake or cottage pudding.

Jelly Sauce.—This is an excellent sauce to serve with a bread, rice or cottage pudding. Put a glass of jelly in one-fourth cup of hot water and melt it on the stove. While this is melting, heat one tablespoonful of butter in a pan, stir one tablespoonful of flour into it and then stir the melted jelly into this until it is smooth. Serve hot with pudding, cake or custard.

Butter and Sugar Sauce.—Work one-third cup of butter and one cup of powdered sugar together. Add two tablespoonfuls of boiling water and heat, then add one-fourth cup of cream and beat until foamy. Add a teaspoonful of lemon extract. **Chicken Sauce.**—Make one cup of cream sauce using chicken stock instead of milk. Remove from the fire and add the yolks of two eggs beaten with one-half a cup of rich milk or cream. Return to the fire, stir until thick, but do not boil or it will curdle. Season with salt, pepper and a little lemon juice.

HOME ECONOMICS.

BY MRS. ELIZABETH KENT.

Cushions.



The big davenport or couch in the living room calls for cushions, and one of the easiest ways to get a change, a new note of color, a new effect of contrast or harmony in the living room, is to change the cushion covers.

On figured upholstery one must use plain cushions, on plain backgrounds one may use richly figured patterns, provided one does not use too many and various figures and colors. Plain cushions of odd shapes may be used on the several colors of the figured upholstery, or may emphasize one favorite color note which dominates in the room, repeated in curtain, lamp shade, pottery and flowers very effectively.

Materials for cushions should be appropriate. Velvet, tapestry or silk looks absurd against cretonne chairs or couch covers, but may be used on furniture done in brocade or velour. The day of truly terrible "art" cushions, of embroidered or stenciled chromos, of cigarette ribbons and various other nightmares of fringe, ruffle and tassel was fortunately brief and is now quite done.

Cushions nowadays may be found, square or oblong; they may be cylinders or flat, shirred and puffed into quaintly severe lines, but they must be real cushions, of cushion stuffs, and usable as cushions.

For constant rough use cushion covers may be made of denim or heavy cretonne, washable, and easily removed if fastened on with plain self-covered buttons or snaps concealed along one edge. Such cushions are desirable for veranda, boat and summer cottage use. (Copyright, 1921.)

Baked Liver and Bacon.

Wash the liver well, rub it with lard and place it in vinegar, with one chopped shallot, a little chopped parsley and salt and pepper to suit the taste. Let it stand over night, roast it, adding strips of bacon, baste it frequently with the vinegar mixture. When done make brown gravy and serve very hot.

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HOME NURSING AND HEALTH HINTS

BY M. JESSIE LEITCH.

To Sterilize Ointments.

A woman stood in her kitchen regarding rather doubtfully a pan of water that stood on the gas stove. The blue flame was turned very low. The pan was half full of water and was just starting to steam. In shining little glass bottles which stood in the pan of water were white vases, line and an ointment that was creamy yellow. The bottles were corked and mouthed ones and had airtight covers.

Her Attention Wanders.
For a moment the woman's eyes strayed from the mysterious pan of water she was watching to the geraniums in the windows. They were vivid little splashes of color against the clear blue sky. A glimmering of glass came from the pan of water that was now bubbling merrily. The shining little bottles had broken. And the white ointments and vases had made greasy pools on top of the bubbling water.

The women turned out the gas. It was the second time the same thing had happened. Twice the carefully prepared bot-

tles had broken, and the contents had been wasted. For particles of glass floated in the greasy water.

Brother Arrives Unexpectedly.
Then a step sounded on the gravel walk without. And almost before she grasped the import of the traveling bag which appeared on the porch, well covered with foreign hotel labels, and John was holding her brotherly arms, and explaining that he had arrived in New York on a fast boat, and had just "dropped in" to surprise her.

We were expecting you. But how splendid you look. Quite foreign in fact. The stuff broke, eh? he said, man-like, having observed that such was the case.

His sister nodded. "I don't understand why it should," she said. "Because you set the bottles in a pan of water without protection underneath. The glass came in direct contact with the bottom of the pan. A folded towel or some absorbent cotton in the pan would have saved you all this trouble, and the glass would not have broken. Set them on in cold water, and all will be well."

And as she followed directions and started all over again, while her brother in genial fashion raised the pantry and icebox, she said ruefully: "And I wanted to make such an impression upon you with my sterilized ointments! All standing in a row in my medicine cupboard."

BEAUTY CHATS

Practicing Common Words.

Perhaps the two most important things to remember in cultivating the voice are persistence and patience. Spasmodic efforts are of little use in this as in any other treatment for self-improvement.

In the matter of the voice, practice—which is another way of saying persistence—is most important of all. When you have listened for vocal faults, and while you are taking exercises to overcome these faults, give a little extra time to the more common faults. For instance, take a list of the words you use most.

"Yes," "no," "the," and "and" are four words that come in again and again in almost every sentence you utter. And they are among the most abused

words in our language. Do you by any chance say "yea" for "yes"? Or do you happen to pronounce "no" as though it were "now"? Written "yes," so, it looks like a glaring fault which any one would resent if accused of it. But if you will listen you will find that the very nicest people have slipped into it.

And is particularly abused. It is often slurred into "an" or, worse yet, deprived of even its first letter and pronounced simply "n"—a single letter said between two words of a hastily spoken sentence. "The" is not so badly slurred. "And" is more than any other words, unless it happens to be "yes."

These are small points, but they make such a difference in one's manner, they add or detract so from the good impression one always wants to make, that they are well worth paying attention to.

Molded Bananas.

Take six ripe bananas, three-fourths of a pint of milk, three eggs and four tablespoonfuls of sugar. Mash the bananas, mash them and rub them through a fine sieve. Add the sugar and eggs, which should be well beaten. Boil the milk and when just off the boiling point stir with the bananas by degrees. Slightly butter small cups and nearly fill them with the mixture, place in a moderate oven and when set they are done. When green food take off the skin and run a knife round the edge; they should turn out easily. The top of each should have some little decoration, such as dried glaze cherries, a colored sweetmeat or pistachio nut, chopped and laid on in a little heap, or each mold may have a different decoration.

Strawberry Fritters.

Take some large, hard and firm but ripe strawberries, remove the hulls and clean them thoroughly; moisten each berry, roll in sugar and stand until the berries absorb considerable sweetness. Roll them in the finest possible bread crumbs and drop them into hot fat. Sprinkle the strawberries with powdered sugar when taking them up and serve them with sweetened whipped cream. Be sure and choose firm strawberries.

Strawberry Sauce With Rice.

There is the making of a delectable dessert in cooked rice plus a few strawberries. First make a hard pudding sauce and then add to it the mashed and sweetened berries. Heat the rice very hot and serve with the sauce.

Shepherd's Pie.

Chop one-half pound of any preferred cooked meat, mix with one dessertspoonful of bread crumbs, one tablespoonful of chopped parsley, one-fourth teaspoonful of mixed herbs and one-half teaspoonful of salt. If one chopped onion is used it must be fried before being added. Mix as much meat gravy as you can without making it too soft. Fill a pudding dish, three-fourths full, with the meat mixture, cover with a thick layer of nicely seasoned mashed potatoes. Make decorations with a little beaten egg, put over with a little beaten egg, put over with a little beaten egg, put over with a little beaten egg.

Vegetable Stuffed Mutton.

Get four pounds of lean breast mutton, put into a saucepan, and cover with water, put in one turnip, one carrot and two onions. Grate half each vegetable into the soup and cut the rest into slices, bring to a boil, simmer for one hour, prepare stuffing with one-fourth pound of bread crumbs, one chopped onion, four sage leaves minced and two ounces of shredded suet or two ounces of dripping. Bind all together with a little milk. Take the mutton carefully remove the bones, place the stuffing in, roll it up and tie round with a string. Put it into a boiling tin with some halved potatoes and bake for half an hour.

Black chutney veils a frock of apple green, white chutney and black and silver ribbon.



Escape the "Stout" Class

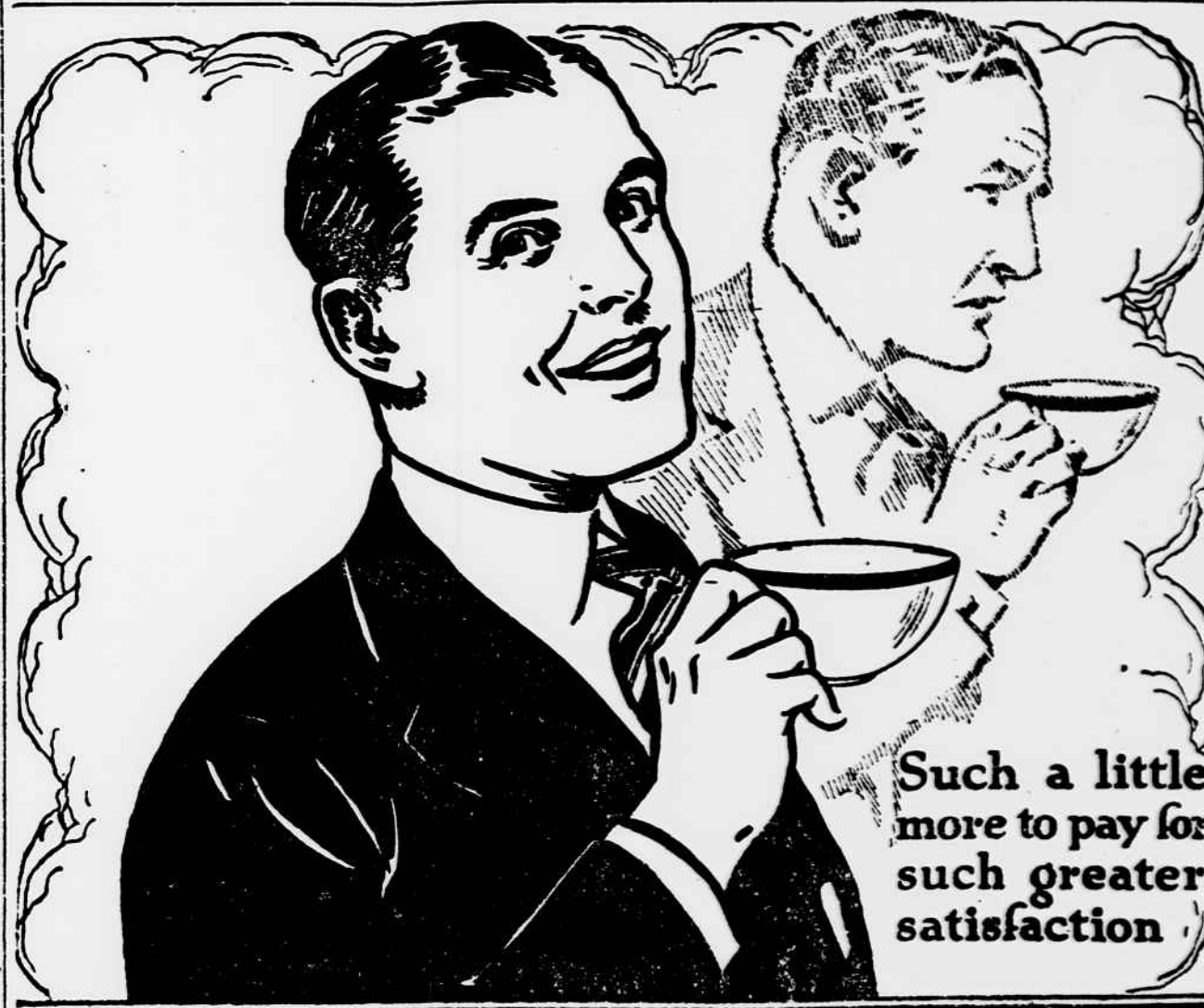
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